



NEED TO TALK?

Free local confidential service available

Personal support is available for the community affected by the recent severe weather event.

Please phone 0476 881 877

This is a confidential support service facilitated by the *Tasmanian Health Service*.

This service is available 9am-5pm. If we aren't able to respond immediately, please leave a message and we will get back to you as soon as possible.

Alternative support services available include:



1800 243 232



1300 22 46 36

Department of **HEALTH**
Mental Health hotline

1800 332 388



13 11 44